

Keto Fish Fingers with Chimichurri Mayo

Hands-on 15 minutes Overall 30 minutes

Nutritional values (per serving): Total carbs: 5.3 g, Fiber: 2.3 g, **Net carbs: 3 g**,

Protein: 29.6 g, Fat: 40.1 g, Calories: 495 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 2 servings)

- 250 g white fish such as cod, cut into slices (8.8 oz)
- 1 large egg, lightly beaten
- 1/3 cup [almond flour](#) (33 g/ 1.2 oz)
- 1/2 tsp sea salt
- 1/2 tsp onion powder
- 1/4 tsp garlic powder
- 1/4 tsp paprika
- 1/4 cup [paleo mayonnaise](#) (55 g/ 1.9 oz) *you can [make your own](#)*
- 1 1/2 tbsp chimichurri (23 g/ 0.8 oz)

Homemade chimichurri sauce:

- 1 large bunch fresh parsley (60 g/2.1 oz)
- 1/4 cup fresh oregano (15 g/0.5 oz)
- 4 cloves garlic, chopped
- 1 small red chile pepper, seeds removed
- 2 tbsp apple cider vinegar *or* fresh lime juice (30 ml)
- 1/2 cup extra-virgin olive oil (120 ml/ 4 fl oz)
- 1/2 tsp salt
- 1/4 tsp black pepper

Note: This chimichurri sauce recipe is from [The KetoDiet Cookbook](#) and the [KetoDiet App](#).

Instructions

- Preheat oven to 210 °C/ 410 °F (conventional), or 190 °C/ 375 °F (fan assisted). Beat egg in a small, shallow bowl. To create the "breading", mix dry ingredients in another shallow bowl or plate.
- Cut fish fillets into "fingers" about an inch (2.5 cm) wide.
- Line and grease a baking tray. Place the fish in the egg, coating all sides, and then transfer to the almond meal mix, and toss to cover. Shake off excess breading.

- Place on the tray, and continue with remaining fish. Bake 6-8 minutes and then turn, and bake another 5 minutes, or until golden brown.
- To make the chimichurri, place all the ingredients in a blender and process until smooth.
- To make the chimichurri mayo, combine mayo and chimichurri together in a small bowl. The leftover chimichurri can be refrigerated in an airtight container for up to 1 week. Serve the fish fingers immediately with the mayo and wedges of lemon. Optionally, serve with a bowl of dressed greens.

More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)